Going for Heart Surgery
Sydney Adventist Hospital is a division of Adventist HealthCare Limited. Adventist HealthCare Limited is owned by the Seventh-day Adventist Church, and is a ‘Not-For-Profit’ organisation that operates a number of healthcare businesses including: Sydney Adventist Hospital, Dalcross Adventist Hospital, San Day Surgery Hornsby, San Radiology, and Sydney Adventist Hospital Pharmacy. The organisation originated with the opening of ‘Sydney Sanitarium’ in 1903 - a place of health and healing where people learned to stay well. Sydney Adventist Hospital, fondly referred to as ‘The San’, is NSW’s largest private hospital and remains the organisation’s Australian flagship institution. With over 110 years of service to the community, caring for our patients needs is our first priority. This spirit of caring is reflected in our mission, ‘Christianity in Action – caring for the body, mind and spirit of our patients, colleagues, community and ourselves’. We aim to care for individuals in a holistic manner, promoting healthy living, providing state-of-the-art acute healthcare, and touching people’s lives through our compassionate and expert care.
Going for Heart Surgery
SYDNEY ADVENTIST HOSPITAL

A heart-felt welcome

Welcome to the Sydney Adventist Hospital!

Our team of highly skilled Doctors and Nurses, Cardiac rehabilitation and Physiotherapy staff, plus many other health professionals are all here to care for you in a way that is unique to the ‘San’ hospital. We hope that you and your family will find your time here a positive and comfortable experience. Please ask as many questions as you need so you will feel comfortable and reassured about the surgery and your recovery.

Please take the time to read this booklet before you are admitted to hospital as it contains a lot of information which will aid in your recovery.

By taking a sensible approach to your recovery, and following a healthy heart lifestyle, you can expect to feel fitter and healthier than ever. We look forward to helping you achieve your goals!

The Cardiac Team
Sydney Adventist Hospital
## WHAT TO BRING

- Please bring this booklet with you to hospital
- Usual toiletries including soap, shampoo, razors, tooth brush and paste
- Summer weight pyjamas/nighties
- Dressing gown & slippers
- Small amount of change for newspapers
- Comfortable clothing, which opens down the front, eg zip up tracksuits
- All medications you are currently taking
  Please bring them in their original packets
- Chest x-rays
- Clock (battery operated preferred), or watch
- Positive attitude!
- Labelled spectacles case and/or hearing aid container
- Ladies, please bring a comfortable bra, preferably with no underwire.

## WHAT NOT TO BRING

- Towels
- Valuables and more than $20.00 cash
- It is best to leave valuables and extra cash at home. If this is not possible, please let the nursing staff know as the hospital does provide a safety deposit box. Whilst all care will be taken, the hospital is unable to take responsibility for valuables brought in with you.
Arrival information

Admission to hospital

Upon arrival at the hospital on the day of your admission, please go to the reception desk on level 4 of the Entry Building, accessed from P1 (the multi-level carpark). After registering, you will be taken to your ward by a volunteer.

Arrival on the ward

When you arrive on the ward, you will be shown to your room by a nurse. Every effort will be made to accommodate your room preference. Unfortunately, however, no guarantees can be made. If your room preference is initially unavailable on admission, we will accommodate your request at the first opportunity. Your understanding is appreciated.

Discharge time

Discharge time from hospital takes place between 8.00 am and 10.00 am as this allows the room to be prepared for the next admission. If you are unable to be picked up from hospital during these hours, you may be transferred to a discharge lounge.

Caring for the cardiac family

Heart disease or heart surgery can be highly significant events for patients and their families because of the emotional and social impact on lives and the stress inherent in the situation.

Often the partners and family of the cardiac patient experience similar emotions to the patient themselves. As with any crisis, many people feel shock, disbelief, fear, anger, guilt or sadness. These feeling are very normal and usually go away in 4-6 weeks. Being aware of your feelings and discussing them as a

VISITING HOURS
LEVEL 9
CLIFFORD TOWER

6.00am – 8.00pm
couple or a family are important parts of dealing with the situation. Not only will this help to lessen fears and anxieties, but it can also create positive changes in a relationship.

Research has shown that couples and families who cope best are those who view this stressful situation as a challenge in their lives and an opportunity to improve relationships within the family. The challenge of the cardiac crisis is facing the reality of your situation, letting go of what is lost and developing new ways to live which enhance the quality of your life.

- Let your partner know that he or she is important too. How you and your partner interact has a significant impact on the quality of both your lives. Remember, it’s normal for you to feel scared and distressed about your partner’s illness.

- Set aside time for you and your partner to talk or be together quietly. Communicate openly about your fears, anxieties and needs while trying to develop a positive plan for the future.

- Try to make some healthy changes in your lifestyles which will improve the quality of both your lives, e.g. exercising more, making changes to your diet.

- Don’t be afraid to ask questions of all health care workers. You all need information to aid in the recovery process.

About your surgery

Coronary Artery Bypass Graft Surgery

Coronary artery surgery is performed when one or more of the coronary arteries becomes blocked with a fatty substance called plaque. The coronary arteries are located on the surface of your heart and supply your heart muscle with oxygen carrying blood. Blockages to these arteries can cause angina (chest pain) and may put you at risk of having a heart attack. By ‘bypassing’ the blockage in the coronary artery with a new vein or artery, angina and the risk of heart attack is greatly reduced.
During your surgery, you will be anaesthetised by a specialised cardiac anaesthetist. Once asleep, your breast bone (sternum) is cut and your heart is stopped or slowed so your surgeon can perform the surgery. When your heart is stopped, another specialised doctor called a perfusionist, operates a machine that temporarily takes over the role of your heart and lungs. This machine keeps your blood rich in oxygen and has the role of pumping it around your body.

As your coronary arteries are on the surface of your heart, the surgeon has easy access to them. Your new replacement ‘plumbing’ may be either a vein taken from your leg, a mammary artery taken from your chest wall, or an artery taken from your arm. Once the replacement vein or artery has been taken from your leg, arm or chest wall, the surgeon sews it both above and below the blockage in your coronary artery. This allows blood to flow freely past the blockage to the heart muscle below.

Once the heart has been repaired and it has started beating normally again, your breast bone is wired firmly together, and you will be taken to the Intensive Care Unit. You will not wake up from the surgery for some hours. This is a normal part of your recovery.

The time taken to perform this operation will vary between patients due to the number of bypass grafts required and the complexity of your circumstances. Your surgeon will be able to give you an estimate regarding the length of time your operation will take.

**Heart Valve Surgery**

In many cases, your heart valve can be repaired. However, if this is not possible, a replacement is required. The two main replacement valves available are mechanical or tissue valves.

The surgical preparation for this operation is very similar to coronary artery bypass surgery. Once the chest has been opened and the heart has been stopped, the heart is then opened and the damaged valve either repaired or replaced. When this has been performed, your heart is started and the breast bone is wired firmly together.
THE HEART

This diagram will enable your doctor to show you where you had your bypass grafts placed.
The day before surgery

- In order to reduce the risk of infection, the night prior to your surgery you will be asked to shower using an antiseptic wash which will be given to you by your nurse.

- Remember – after showering with the antiseptic wash, it is important not to apply any powders or lotions to your skin. This recommendation also applies after surgery as it is important to keep your wounds clean.

- Your nurse will help you pack what you will need for intensive care. The rest of your belongings should be sent home with your family if possible.

- A urine test will be performed.

- Eat a normal evening meal as your appetite will not return immediately after your operation. Depending upon the time of your surgery, you may be asked to fast from midnight, or after an early breakfast on the morning of your surgery. Your nurse or anaesthetist will advise you of the time you are to stop eating and drinking.

- If you have body hair on your arms and legs, this may be removed before surgery.

  Your chest will be clipped before surgery.

- You may be seen by many different health professionals prior to your surgery, these will include your anaesthetist, perfusionist, physiotherapist, your surgeon, cardiologist and case manager/patient educator.

- The night before your surgery, your nurse may give you a sleeping tablet prescribed by your anaesthetist, this will help you to relax and have a good nights sleep. Please ring for assistance if there is any need to get out of bed after taking this sleeping tablet.

The day of surgery

- On the morning of your operation you will be woken up by your nurse who will assist you to have a shower using antiseptic soap. Do not apply any powders, lotions or perfumes to your skin after your shower. Men may have a facial shave at this time. You may also clean your teeth. Remember however not to swallow any water.

- After your shower, you will be given a clean hospital gown to wear – this ties at the back. Make sure you have removed all jewellery, including wedding rings. If not removed, a wedding band may be taped. Your nurse will advise you whether your dentures are to stay in or be removed.

- At the time instructed by your anaesthetist, your nurse may give you a tablet which will make you sleepy. It is important not to get out of bed after having this medication. Call your nurse if you need anything.
• Approximately 30 minutes before you are required in theatre, you may be given an injection which will make you very drowsy and relaxed. Soon after this a nurse and a wardsman will take you to the operating theatre where you will be met by your anaesthetist. The next thing you know, you will be waking up in the Intensive Care Unit…

Intensive care information for family and friends

• Your immediate family are most welcome to stay with you in your room on the ward until you are due to leave for the operating theatre.

• When you are taken to the operating theatre, your family may also go with you as far as the theatre door. Your family is welcome to wait in the intensive care waiting room, or make use of the Coffee Shop facilities on Level 4 of the Clifford Tower.

• When you are a patient in ICU and your family is wanting to visit you, it is important that they check with the ICU receptionist before entering. If the desk is unattended, there is a telephone there with the extension number of ICU on it – please ask your family to ring ICU and ask if it is okay to enter before doing so.

• It is also advisable to have one member of your family act as a contact person whom your family, relatives and friends can call to inquire about your progress. This will also help provide your nurse with the time needed to give you the care you require without being interrupted by too many telephone inquiries regarding your recovery.
What to expect when you wake up in intensive care

• After returning to ICU from theatre, you will be attached to many tubes and machines. All of this equipment helps to monitor your condition.

• Upon arrival in ICU, you will be unconscious and require a machine to help with your breathing. As you start to wake up from the anaesthetic and begin to breathe for yourself again, the breathing tube will be removed and an oxygen mask will be placed over your face for the next day or two.

• You will have a catheter in your bladder for the first couple of days after surgery so you won’t have to worry about passing urine.

• You will be connected to a monitor which will show your heart rhythm on the screen. It is normal for this monitor to beep and make noises. You and your family are encouraged to ask questions at any stage about noises the machine makes – it is better to ask and be reassured than be worrying about noises which may be concerning you.

• You will have various drips in both of your arms as this allows both fluid and pain medication to be given to you as needed. There are no merit points for being too brave about pain after surgery! If you are experiencing discomfort, please let your nurse know so you can be given medication and made to feel more comfortable. Adequate pain relief leads to a better, faster recovery.

• You may be prescribed anti-embolism stockings. If so, your doctor will advise how long they are to be worn.

• Depending upon your progress, after 2-3 days in intensive care you will be transferred to Level 9 Clifford Tower.

Your recovery on Level 9

You will be transferred to the ward (Level 9 Clifford Tower) usually on the second day after your surgery. Some people require a longer period in Intensive Care. At this stage of your recovery you may be feeling tired and lethargic. This is quite normal after major surgery. You may even feel irritable or tearful, but again this is a normal response following heart surgery.
Diet

It is common to experience a lack of appetite and nausea for the first few days but this will pass as your recovery progresses. If nausea persists, please advise your nurse as you can be given medication to relieve this.

For the first few days the nurse will keep a record of your fluid intake and urine output, this provides valuable information about your progress. The nursing staff will also weigh you on a daily basis for the first few days. This is usually done first thing in the morning. Some fluid retention is common.

Physiotherapy

Regular physiotherapy and walking play a vital role in your recovery. The duration of your hospital stay is often determined by how well your lungs are functioning and how well you are walking after the operation. The physiotherapist and your nurse will advise you on deep breathing exercises and walking.

You will be provided with a bed strap which is attached to the bottom of the bed, this helps you move around the bed without straining your chest too much. When using this device it is important to use equal effort with both arms, to avoid excessive strain on one side of the chest.

Deep Breathing

You have been provided with a breathing device called a ‘Coach’, this helps you with your deep breathing exercises. You are advised to use your ‘Coach’ every hour. Following this it is important that you cough as this helps to remove secretions that may have accumulated in your lungs after surgery. Holding a towel against your chest will help support your chest whilst coughing. Taking regular pain relief ensures that you will be able to perform these exercises frequently and effectively.
Walking

Walking and gentle limb exercises are important as they improve your circulation. As soon as you are able, the nurse and physiotherapist will assist you firstly to stand out of bed and then to walk for short periods. By your fourth day you should be able to walk unassisted up the corridor gradually increasing the distance every day. Before your discharge home you will be able to walk up a flight of stairs. Remember that you will feel tired after any activities so take frequent rests.

Wound care

Your wounds will be covered with a dressing as chosen by your surgeon. This will be removed as directed by your surgeon. Do not put any moisturising lotion or powder near your wounds until they are completely healed. Slight puffiness, swelling or bruising around the incision site is common and will gradually disappear over a few weeks. If you have any external clips or stitches these will be removed by the nurse before you go home.

Pain

It is normal to experience wound, muscle and bone discomfort after cardiac surgery. Everyone experiences pain, although the extent of this pain differs from person to person. The first few days are usually the most uncomfortable. During this time your doctor will order pain relief for you. It is important to take your pain relief regularly as pain inhibits your ability to do your exercises. Good posture when you sit or walk will help ease any tightness in your chest and shoulders. A folded towel or small pillow can be used to help support the breast bone.

Bowels

Many people have trouble opening their bowels after major surgery, this is usually due to a combination of things such as decreased activity and pain relief medications. You will be given a mild laxative to help you with this problem. Sometimes, you may have loose stools before your bowels return to what is normal for you. Please report any problems to the nursing staff.

Getting back on your feet after surgery

This program is only a guide for you during your recovery on Level 9 Clifford Tower. As all patients recover differently from open heart surgery, it is important to check with your nurse on a day to day basis that the following activities are appropriate for you. The physiotherapist will see you regularly.
There are sometimes some complications and setbacks after surgery. If you wish to have more information about these possibilities, please speak to your Doctor.

**Day 2 Post Surgery**
- You will be assisted by your nurse to stand beside the bed 3-4 times, walking on the spot and deep breathing.
- If feeling well enough, you will be assisted to walk to the bathroom to clean your teeth and freshen up.
- You will be assisted if well enough, to sit out of bed for meals.

**Day 2 (Night Time)**
- You will be woken at 2.00 in the morning and given additional pain relief medication. You will have your blood pressure, pulse and temperature taken at this time.
- The nurse will assist you to stand for a short while to relieve the pressure on your back and bottom.

**Day 3 Post Surgery**
- You will be assisted by your nurse to have a shower on a shower chair.
- You will be assisted or supervised to have 3-4 walks of the corridor throughout the day.
- Sit out of bed for all meals.

**Day 4 Post Surgery**
- You will be supervised by your nurse to walk to the shower. A shower chair will be provided for you to sit on as you shower.
- Aim to have 4-6 walks during the day, at least the length of the corridor. Remember, if you become too tired or short of breath during your walks, rest, and advise your nurse.
- Sit out of bed for all meals.
- Dress in a track suit or comfortable clothing if available.

**Day 5 Post Surgery**
- Walk to the shower – your nurse will assist you if required.
- Walk 4-6 times during the day and aim to walk the length of the corridor each time.
- Sit out of bed for all meals.
- Dress in a track suit or comfortable clothing if available.
Day 6 Post Surgery

- If all is going well you may be discharged today or within the next few days.
- Shower on your own if able.
- Walk 4-6 times during the day, aiming for twice the length of the corridor if able.
- Sit out of bed for all meals.
- Dress in a track suit or comfortable clothing if available.

Day 7 Post Surgery

- Follow the guidelines outlined on page 18-20 of this booklet for resuming activities at home after discharge.
- If you are not discharged today, follow the Day 6 plan as outlined above until you are discharged.

Day Of Discharge

On the day you go home you will be given the following items:

1. Discharge summary to take to your GP
2. Medications
3. Printed list of your medications
4. X-Rays

As it is a requirement by law to wear a seatbelt when travelling in a car as a passenger, it is advisable to place a cushion or towel under the seatbelt sash for comfort.

If you have a long distance to travel home ensure you stop every 1–2 hours and get out of the car to stretch your legs.

Education sessions

A series of education sessions are presented for you and your family in order to make your transition from hospital to home a smooth one. These sessions are conducted by a variety of health care professionals and are held in the Level 9 Clifford Tower conference room. We ask that you attend as many of them as possible and suggest that from the fourth day after surgery onwards you may be able to do so. The case manager or patient educator will remind you of these sessions.

The topics covered are:

- Understanding Your Cardiac Medications – Pharmacist
- Physiotherapy For Hospital and Home – Physiotherapist
- Going Home Guidelines – Cardiac Patient Educator/Case Manager
- Outpatient Heart Health Program-Cardiac Rehab
Physiotherapy – the road to recovery

Physiotherapy plays a vital role in your recovery after open heart surgery. The sooner you are up and walking and practicing your deep breathing exercises, the sooner you will begin to feel better within yourself.

Physiotherapy aids in:

• Reducing the risk of lung problems after surgery.
• Getting you back on your feet again post-operatively.
• Decreasing pain which is often associated with muscle spasm and stiffness.
• Minimising the problems associated with prolonged bed rest such as poor circulation and blood clots, decreased breathing function, muscle weakness and stiffness.
• Improving confidence and helping you get back to normal.

Each day, your activity level will be increased. From the third day you should be spending a good portion of each day (including meals) sitting out of bed in a chair. By the fifth day, you should be walking in the hall at least four times per day.

Prior to going home, you will be able to walk up a flight of stairs.

Doctors appointments after discharge

General Practitioner

It is advisable that you visit your GP within the first few days after discharge from hospital.

Cardiologist

Unless otherwise specified by your cardiologist, make an appointment to see him/her four weeks after discharge from hospital. You will need to book your appointment soon after discharge in order to get an appointment close to four weeks post discharge.

Surgeon

Most surgeons like you to see them approximately six weeks after discharge. Again, ring early after you leave hospital in order to make an appointment close to six weeks post surgery.
Remember you can speed up your recovery by:

- Using your Coach as advised by your physiotherapist.
- Doing your physiotherapy exercises and walking regularly.
- Continuing with your exercises after you go home.

REMEMBER to use your Coach as instructed, every hour during the day while in hospital. Continue at home until your pre-surgery lung capacity has been achieved.

A physiotherapy routine will be designed to suit your individual needs and abilities, and should be performed 2-3 times per day over the next few weeks, in conjunction with your walking program.

Posture after Open Heart Surgery

Open heart surgery will tend to make you round your shoulders to protect the breast bone which can be sore during the first few weeks after surgery. To prevent further muscular problems be aware of your posture. Initially, try to sit up straight and stand tall within comfortable limits. It can be helpful to try this in front of a mirror.

The following exercises will increase the flexibility of your neck, shoulders and rib cage and help to reduce your stiffness and discomfort. A good time to practice them is after your shower when the warm water has helped your muscles to relax.

Shoulder flexion

This exercise will increase the flexibility of your rib cage to help with deep breathing. It will also help the muscles and joints in your shoulders and upper back to stretch, reducing your stiffness and discomfort.

- Stand with your feet apart, arms by your side.
- Bring your arms forward and continue with the movement, lifting your arms up as far as it is comfortable.
• Lower slowly.
• Breathe in as you lift up and breathe out as you come down.
• Repeat this five times, increasing to ten over the next week or as you tolerate it.

Trunk flexibility
This exercise will also help reduce stiffness in your spine.
• Stand with feet apart, arms by your side.
• Gradually lean to one side and slide your hand down your leg without bending forwards.
• Return to the upright position and repeat with the other side.
• Repeat this five times, increasing to ten over the next week or as you tolerate it.

Shoulder and upper spine exercise
This exercise will provide a gentle stretch to the muscles at the front of your chest and help to improve your posture.
• Stand with your feet apart, arms behind your back.
• Relax your shoulders
• Gently draw your shoulder blades back towards each other.
• Hold for 3-5 seconds.
• Relax, and repeat 2-3 times.
Other Helpful Exercises

Neck and shoulder tension may be helped by following these simple exercises.

• Shoulder shrugging:
  Raise shoulders… Hold… Relax

• Neck Movements:
  Gently turn your head to look over your right shoulder and then your left shoulder.
  Gently bend your head forward, then back.

• The application of heated packs to your neck and shoulders can also be beneficial.

If you have continuing problems with your neck, shoulders or upper spine, seek help from your doctor or physiotherapist.

The Sydney Adventist Hospital Physiotherapy Department can be contacted on Phone: 9487 9350

If at any stage you experience any light headedness, excessive pain or shortness of breath, stop what you are doing and rest.

If these symptoms persist, please see your doctor.

Guidelines for your recovery at home

These guidelines are designed to give you a guide to suitable week by week activities after you are discharged from hospital. As indicated, they are a guide only and you should adjust your pace according to how you are feeling or your doctors advice.

Week One

• Book into the Outpatient Heart Health Program (OHHP)

• Activity level basically the same as when you were in hospital.

• Rise, shower and get dressed. Stick to a daily routine.

• Sedentary interests – reading, music, TV, table games.

• Prepare simple breakfast/ lunch.

• Exercise by walking as per plan on page 20 – preferably on level ground and in the company of someone else.

• Keep visitors and phone calls to a minimum.

Week Two

• Gradually increase exercise by walking as per plan on page 20. Walking on level ground is still recommended at this stage.

• Light activities in the house – preparing light meals, wiping dishes.
• Light activities in the garden – watering.
• Allow frequent rest periods – rest before you feel the need.
• May be driven on short outings.

Week Three
• Commencement of Outpatient Heart Health Program (OHHP) is recommended from this week forward. 
  See page 21 for further information regarding this program.
• Moderate activities, greater body and arm movements.
• Activities in the house – sweeping, ironing.
• Activities in the garden – light cutting and weeding.
• Small social outings eg. Visiting friends, eating out, theatre. Limit to 1 per day.
• Exercise as per plan on page 20 – this may include small hills.

Week Four
• Your exercise should increase as per plan on page 20.
• Household activities – vacuuming, normal meal preparation, making beds, machine washing of clothes.
• Light woodwork/mechanical activities
• Avoid activities involving strenuous arm actions or sustained arm actions above shoulder height.
• Sports – snooker, bowls, darts, swimming (dog paddle).

Week Five
• Increase your exercise as per plan on page 20.
• Swimming – gentle breast stroke/side stroke.
• Household activities – shopping at local shops (to be driven and helped with heavy parcels).

Week Six
• Resume driving – short distances at first.
• Return to most jobs or part time work.
• Sports – swimming as per week five, for longer periods, table tennis, beach fishing, golf practice shots (if experiencing undue pain, leave until you can swing comfortably).
• Increase your exercise as per plan on page 20.

Weeks Seven to Ten
• Upgrade all activities to normal. Avoid sudden exertion and heavy lifting.

Week Twelve
• You may resume competitive sports and manual labour as advised by your doctor.
Home Exercise Program

It is important to remember that this program should be used as a guide only and that you should not feel fatigued after exercise.

Exercise will not only improve your fitness after surgery, but can also increase your sense of well being and vitality. Once you have completed the following plan, it is important to maintain a moderate level of exercise long term in order to continue to receive the many benefits of exercise. Walking at a moderate pace 4-5 times per week for 30-45 minutes is all that it takes to enjoy the many benefits that exercise has to offer your heart and general well being.

If during exercise you experience any distress, undue shortness of breath, chest pain, nausea associated with sweating or marked fatigue, slow down or stop until these symptoms subside. If the symptoms persist, contact your doctor or some form of medical help immediately, eg. San Chest Pain Hotline on 9487 9444.

Remember for the first few weeks, it is advisable to walk on level ground. It is also recommended that you avoid exercising in extreme hot or cold conditions.

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<tr>
<th>WEEK</th>
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<tr>
<td>One</td>
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<td>Six</td>
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Outpatient heart health program

Participation is VITAL

Sydney Adventist Hospital’s Outpatient Heart Health Program is...

ESSENTIAL CARE FOLLOWING A CARDIAC PROCEDURE OR EVENT.

BENEFITS of Program:

1. Return to family and work life with confidence.
2. Increase physical fitness.
3. Understand cardiac disease and benefit of risk factor modifications.
4. Individually prescribed exercise in a group setting, telemetry monitored.
5. Exercise in a safe environment.
6. Sessions supervised by Cardiac Registered Nurse and Exercise Physiologist.
7. Reduce incidence of subsequent cardiovascular events and increase quality of life.

The program runs three mornings a week for six weeks OR two evenings for eight weeks, providing exercise and education sessions to increase your confidence with exertion, overall health and wellbeing.

The Outpatient Heart Health Program can be commenced two weeks post procedure and is suitable for all ages and levels of fitness.

Cardiac Rehabilitation staff will receive an initial referral from your cardiac Case Manager. On discharge call as soon as possible to organise a booking.

Once you have booked in, the department will then obtain final consent from your cardiologist.

The program is fully or partially covered by most health funds.

For further information regarding the Outpatient Heart Health Program, please contact Cardiac Rehabilitation Department on 9487 9470.

Be Heart Smart...
Other programs

Maintenance Exercise Program

The program is a continuation of Outpatient Heart Health Program and is available 3 days per week. An independent program for those wishing to maintain their fitness level under medical supervision in a caring and supportive environment.

Conditioning for life program

This program is specifically designed for people with reduced physical function due to:

- shortness of breath / chronic lung disease
- extended hospital stay / illness
- reduced heart function

The program runs twice weekly for 8 weeks, activities are designed to improve your confidence, mobility and muscle strength. Exercise is individually prescribed to suit your needs / requirements.

Cardiac Rehabilitation staff will call you if we have received a referral from your case manager, or you may call us directly to participate in this program.

This program is fully or partially covered by most health funds.

For further information regarding the Conditioning for Life Program, please contact Cardiac Rehabilitation Department on 9487 9470.
Commonly asked questions

1. How long does it take for the breast bone to heal?

It takes around 6-8 weeks for the breast bone (sternum) to heal so avoid activities that put excessive strain on your chest during this time. Things to avoid include pushing up with your arms when getting out of a chair, lifting weights in excess of 2.5 – 3 kilos, and activities such as driving or opening difficult jar lids which require a rotation action.

2. What about sex?

Sexual relations after surgery can cause feelings of anxiety – this is not uncommon! Like most activities after surgery, sexual relations is something you can try when you feel like it. It is best to avoid times when you are tired, stressed or immediately following a meal and consumption of alcohol. Make sure you are well rested and relaxed.

Talk about your feelings with your partner. It is not unusual for your partner to be afraid that sexual intercourse will result in a heart attack or sudden death. This common fear is not supported by facts as recurrent cardiac problems are rarely related to sexual activity. Whilst your breast bone is healing, it is advisable to avoid positions that will place strain on your chest.

3. When can I return to work?

This will depend largely upon the type of work you do and how well you are physically. It is advisable to discuss this with your surgeon or cardiologist during your first post discharge visit.

4. When will I be able to drive my car?

For the first few weeks after discharge from hospital your breast bone is still healing and your reactions are slowed due to many factors, including fatigue, pain medication and the fact that you are recovering from a major operation which involved a long anaesthetic!

During this time, driving is not permitted.

After six weeks, if you have gained clearance from your cardiologist or surgeon, you can get back in the driver’s seat again!

5. Should I avoid stairs?

Even though walking up stairs requires more energy than walking on level ground, stairs can be taken so long as you relax and take your time. Rest during the climb when needed.

6. Is it normal to have ‘down’ days?

Absolutely. Whilst not everyone has depressed or emotional days, it is quite normal to have days where you feel more emotional or down in the dumps than usual. During these times it is important
to remember that this is a temporary state and should not persist for more than a day or two at a time. Try to still do your activities as normal and rest when required. If these feelings persist for more than a few days, discuss how you are feeling with your doctor.

7. Why is my chest so sore after having a mammary artery used for my surgery?

The mammary artery is often used as a graft during open heart surgery. However, this can lead to chest discomfort in the weeks that follow surgery. Because there is no visible wound where the artery is taken from within the chest, it is easy to forget that there is in fact a wound under the skin of the chest wall and that this may well cause some discomfort. Feelings of tingling, numbness, sharp knife like pains or just general pain around the wound site are all quite common sensations. Check with your doctor if this discomfort is concerning you.

8. Is shoulder and neck discomfort usual after surgery?

During open heart surgery, the muscles in the neck and shoulder area can get very sore and tense and/or you can experience numbness and tingling in your hands and arms. Sometimes a massage from your partner may help and products such as Dencorub or Tiger Balm lotion may be soothing. A warm heat pack can also be helpful. It is however, important to keep direct heat and lotions away from your wound sites including the chest area if you had a mammary artery taken. If discomfort persists, physiotherapy can also be very helpful.

9. How do I look after my wounds when I am home?

After showering, pat your wounds dry with a clean towel or paper towel.

There is no need to apply antiseptic lotions unless specifically advised to do so. Do not apply any other lotions or powders to your wounds as this can hinder healing and be a source of infection.

If you still have any ‘steri-strips’ (white looking tape) on your wounds after one week post discharge, peel these off when showering as there is no need for these to remain on any longer.

See your GP if you notice any redness, oozing, a "clicking" sound from your sternum or if you have a fever.
Check list prior to discharge

Please ensure the following points are covered prior to your discharge:

☐ Doctors appointments to organise

☐ Understanding of current medications

☐ Wound Care

☐ Outpatient Heart Health Program - Cardiac Rehab
Welcome to the
ZIPPER AND STENT GROUP INC.

- We are a registered health promotion charity working in association with the Cardiac Rehab Department at the Sydney Adventist Hospital.
- The ZIPPER AND STENT GROUP INC raises money from various activities which it puts back into improvements in good heart health and the Hospital.
- Our prime aim is to encourage those who have undergone a Cardiac Event to return to a healthy lifestyle in company with those who have been in a similar predicament.
- We also aim to encourage participation in the Cardiac Rehab programmes which include a group exercise programme three times a week at either the North Shore Gym, Pymble (a.m. sessions) or at the Hospital's Cardiac Rehab (p.m. sessions).
- There is also a weekly social walk on Tuesdays conducted by our group (see website for details www.zipperandstent.com.au).
- We conduct a series of activities throughout the year including information evenings to bring members and their families up to date with the latest in health developments and topics of relevance to the cardiac patient.
- We also run a number of social events throughout the year which are an opportunity for members and families to meet and enjoy each others company.
- Members receive a copy of our magazine ZIPPED which is distributed four times a year.

PLEASE CONSIDER THIS MEMBERSHIP AS A SECOND CHANCE AT LIFE
Mr / Mrs / Miss / Ms (please circle)

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IMPORTANT CONTACT NUMBERS

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(LEVEL 3, KRESS BUILDING)
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